



Pleasanttries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us



May 2016

Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon. – Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas

781-942-6796

Case Manager, Kerry Valle

781-942-6659

Nurse Advocate,

Allyse Warren

781-942-6693

Van Driver,

Joe Beninati

Administrator, Jane

Burns 781-942-6658

Clerk, Ann Gentile

781-942-6608

Lions Club Annual Italian Dinner

Thursday, May 19, 5:00 p.m.

Doors open at 4:30



Always a wonderful event sponsored by our friends from the Reading Lions Club. Reservations required.
Reading residents only

Mother's Day Special Brunch

Wed., May 4, 12:00

12:30 – 1:15



Fresh fruit cup, cheese omelet, home fries, and a croissant,

Singer Brian Corcoran
prize for best hat!



Mother's Day Tea

Join Recreation, Elder Services and the Tin Bucket

Tuesday, May 3 @ 3:15 pm

Moms and guests, come and enjoy tea, tasty treats and painting*.

*painting is \$5 for seniors, \$7 others.

No cost if not painting.

Reservations Required



COOKING FOR ONE



Stop ordering take out!

Heart Healthy Cooking for 1

Chef Seth Gooby from Residence at Pearl Street

Monday, May 16th at 1pm at the Pleasant Street Center. Please call 781-942-6794 to register as space

IMPORTANT SYMBOLS

Registration Required



Free Transportation



781-942-6794

Reservations start Mon. April 25 Please call by noon at least **two** days before the event.

MEMORIAL DAY PARADE



Monday, May 30, 9:00 am

Leave from the American Legion on Ash St. to Laurel Hill Cemetery.

All Veterans are welcome to participate in the parade.

For those that are unable to walk the distance, we will arrange for convertibles for individuals to ride in. Please call VSO, Kevin Bohmiller, at 781-942-6652 if you would like to participate.



MOVIE DAYS



Thursday, May 12, 1:00 Rabbit-Proof Fence tells the true story of three aboriginal girls who are forcibly taken from their families in 1931 to be trained as domestic servants as part of an official Australian government policy. They make a daring escape and embark on an epic 1,500 mile journey to get back home - following the rabbit-proof fence.



Thursday, May 26, 1:00 Unbroken (138 min.) Olympian and war hero Louis Zamperini survived in a raft for 47 days after a near-fatal plane crash in WWII, only to be caught by the Japanese Navy and sent to a prisoner-of-war camp. Based on a true story.

PLEASANT STREET SPA

Roberta Our Hairdresser is back!! Monday, May 2, 9:30 - 1:00 by appointment call (781) 245-6605

For manicures, chair massage, and Reiki please call the Pleasant Street Center (No Van Service)

Manicures - Thurs. May 12 & 26 - 9:30 - 1:00 - \$6.00 or \$7.00 French

Chair Massage - Thurs., May 5, 19, & 26 - 9:30 - 11:30 receive a 15 minute chair massage for only \$10.

Reiki Treatments, Thurs., May 19, The 3rd Thurs. of each month 9:00-11:45 Fee for ½ hour treatment is \$15. Elise Brenner and Judy Bousquin bring this hands-on practice to the enter.



SCUTTLEBUTT

Thursday, May 5, 10:00 at the Pleasant Street Center. We will discuss Battleships, the most heavily armed ship ever to sail. Call Kevin at 781-942-6652 by Tues, May 3 for lunch reservations.

You will be able to sign up for our trip on Thursday, June 2, 2016 to the USS MASSACHUSETTS (BB53) in Fall River, MA. Cost for the trip will be \$20 to cover admission and transportation. This trip is open to all Veterans and non-Veterans.



GET YOUR GAME ON!

Games on the Big Screen: returning soon Wii Games - "Deal or No Deal", "Who wants to be a Millionaire", \$10,000 Pyramid.

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00 - 2:30

Billiards: (No van) Weds., 10:00 - 11:15

Pool table is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van).

LUNCH FOR EVERYONE



Lunch with Officer Kristen: Tues., May 17 (the 3rd Tuesday of each month) at 12:15.

Cook and Chat: Let's have some fun! Join Candace Quigley, Registered Dietitian, on Thursday, May 19 at 12:30 for a cooking demo. Candace will discuss the new 2015 Dietary Guidelines.

Birthday Lunch: Mon., May 23 Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free lunch & gift. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$200.



Lunch is served: Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50)

S.H.I.N.E.

S.H.I.N.E. COUNSELING: (Serving Health Insurance Needs of Elders)

- Tuesday, May 17, 12:00 - 4:00
- Friday, May 20 - 10:00 - 3:00

Call for an appointment 781-942-6794




FITNESS FOR ALL

MONDAYS:

- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins \$5
- **Yoga**— 11:00 - 12:00 - 4 weeks for \$40 or \$11 drop in.
- **FOREVER 49 Tai Chi- All your health needs in one program.** 1:30 - 2:30 \$49/month or \$13 Drop-ins welcome. **FIRST CLASS FREE**

TUESDAYS:

- **NEW Jacki Sorensen's Fitness Class** - 9:00 - 10:00. \$5/ Session Stretching, Strengthening, Cardio Workout and fun! Bring a mat if you are able to get down on the floor. Please welcome our new instructor - Rosemary 
- **Body & Brain Flexibility:** Tuesdays, 10:30 - 11:30. Learn skills to enhance memory and coordination! \$5.00

WEDNESDAYS:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **Tai Chi FOREVER 49 - All your health needs in one program** 1:30 - 2:30 \$49 for month or \$13 for Drop-ins.

THURSDAYS:

- **NEW Jacki Sorensen's Fitness Class** - 9:00 - 10:00. \$5/ Session new instructor - Rosemary

FRIDAYS:

- **B.E.S.T.** - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-ins welcome - \$3/Session.

HEALTH SCREENINGS

PODIATRY CLINIC, RETURNING IN JUNE


Blood Pressure –

- **Tues., May 10, 11:30- 12:00** Town nurse, Donna Pierce
- **Weds., May 11, 10:00 -10:30** Frank Tanner Drive the 2nd Wed. of each month, in the common room.
- **Weds., May 25, 11:30 – 12:15** sponsored by Hallmark Health
- **Fri., May 27, 11:30 – 12:00** Nurse Advocate, Alyse Warren



CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 – 12:00, 2 ½ hours for \$10.00. Any medium

Advanced Art Class : Tuesdays 1:00 – 3:00 \$10.00 per class 

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 New knitters & crocheters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

Tuesdays with Nancy 10:00 – 11:30

Wednesdays with John - 10:00 – 11:00

Painting Group, Fridays, 9:30 - 11:30 No instructor

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Downtown/ Groceries/Library 9:00 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Walmart/ Home Goods 1:00 Cabbage 1:30 Forever 49 Baked Fish or Tortellini Salad	3 8:30 Burbank YMCA 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons 3:15 Mother's Day tea Stuffed Shells or Garden Salad	4 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Writing Group 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 12:00 Mothers' Day Special Lunch 1:00 Downtown/Groceries/Library 1:30 Forever 49 Mother's Day Special Cheese Omelet	5 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 12:00 Lunch 12:30 MAH JONGG Beef & Bean Chili or Egg Salad Sandwich	6 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Chicken Stew or Tuna Salad Sandwich
9 9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mail/Target/Kohls 1:00 Cribbage 1:30 Forever 49 Greek Chicken or Seafood salad sandwich	10 8:30 Burbank YMCA 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 11:30 Blood Pressure 1:00 Bingo 1:00 Advanced Art Lessons Lentil Stew or Ham/Swiss Cheese Sandwich	11 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Low Vision 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 1:00 Downtown/Groceries/Library 1:30 Forever 49 1:30 Parkinson Support Stuffed Pepper or Chef Salad	12 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Salmon Filet or Chicken Salad Sandwich	13 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:15 Representative Jones 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Lasagna or Roast Beef/Cheese Sandwich
16 9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:30 Forever 49 1:00 Healthy Cooking for One Beef BBQ Sauce or Seafood Salad Sandwich	17 8:30 Burbank YMCA 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch w/Officer Kristen 12:00 SHINE 1:00 Bingo 1:00 Advanced Art Lessons Chicken Lo Mein or Chef's Salad	18 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 11:00 Book Club 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 Tortellini w/Meat Sauce or Chicken Salad Sandwich	19 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:00 Reiki 9:30 Chair Massage 12:00 Lunch n' Learn 12:30 MAH JONGG 5:00 Lions Dinner Spinach Quiche or Roast Beef/Cheese Sandwich	20 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Fish or Tortellini Salad
23 9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Woburn Mail/Target/Kohls 1:00 Cribbage 1:30 Forever 49 Beef Stroganoff or Barbecue Chicken Sandwich	24 8:30 Burbank YMCA 9:30 Art Lessons 10:00 Computers w/Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons Fish Florentine or Ham/Swiss Cheese Sandwich	25 8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Klickity Klack 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 11:30 Blood Pressure 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 Hot Dog or Egg Salad Sandwich	26 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Chicken a la King or Cottage Cheese Fruit Plate	27 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 11:30 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Broccoli/Mushroom Frittata or Turkey/ Cheese Sandwich
30 MEMORIAL DAY - TOWN HALL AND PLEASANT STREET CENTER CLOSED	31 8:30 Burbank YMCA 9:30 Art Lessons 10:00 Computers w/Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons Egg Plant Parm or Chicken Salad Sandwich		ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFORMATION PLEASE READ These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed.	TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00. Lunch - Reserve the day before by noon

On the Go!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination.

Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Wal-Mart for everyone

Monday, May 2, 1:00 - 2:30 p.m.

Monday, May 16, 1:00 - 2:30 p.m.

Woburn Mall, Target or Kohl's for everyone

Monday, May 9, 1:00 - 2:30 p.m.

Monday, May 23, 1:00 - 2:30 p.m.

Downtown Errands, Grocery Shopping or Library for everyone

All Mondays, 9:00 - 10:15 a.m.

All Wednesdays, 1:00 - 2:15 p.m.

Burbank YMCA for everyone - All Tuesdays and Thursdays, 8:30 - 10:30 a.m.**Podiatrist at The Pleasant St. Center - No Appointments In May**

The Pleasant Street Center is closed Monday, May 30 (Memorial Day)

Stop & Shop or Market Basket:

Neighborhood Grocery Shopping Wed., 8:45 - 10:00

Cedar Glen Grocery Shopping Thurs., 8:45 - 10:00

Tannerville Grocery Shopping Fridays, 8:45 - 10:00

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.


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SENIOR GROUPS

Writer's Group: Wed., May 4, 10:00 -11:00 a.m. Join this drop-in community of writer's to share ideas, drafts, and spur each other on. The group meets the first Wednesday of each month at 10:00.

Low Vision Group: – Wed., May 11, 10:00 - Guest Speaker Kyle Robidoux, MA Association for the blind and visually impaired. New members welcomed.

Parkinson's Support Group: – Wed., May 11, 1:30 to 3 Led by Kathy Hill, PT with the Greater Medford VNA. Meets every 2nd Wed.

Not Too Stuffy Book Group: *All the Light You Cannot See*, by Anthony Doerr. Wed., May 18, 11:00 – 12:00, Pleasant Street Center The young, blind Marie-Laure and her father flee Paris during the Nazi occupation. Meanwhile German-born Werner assigned in Hitler's war to help track the resistance, grows more and more aware of the human cost of his intelligence. It is in Saint-Malo that their paths collide, as both try to survive the devastation of World War II.



LIBRARY HAPPENINGS

LiveWires Presents: Organic Gardening with Demetra Tseckares. Wed. May 4, 11, 18 at 10:00 a.m. Police Station Community Room, 15 Union St, Reading. What do organic gardening practices, native plants, birds, butterflies, other pollinators, and beautiful landscape design have in common? You will learn little and not so little ways you can improve your outdoor living space while helping to resist climate change. Don't miss this opportunity. While no registration is required this class is best enjoyed as part of a three-part series.

LiveWires Presents: *We are Market Basket* with writer Grant Welker. Mon. May 23, 7:00 p.m. at the Pleasant St Center. Set against a backdrop of bad blood and corporate greed, *We Are Market Basket* chronicles the epic rise, fall, and redemption of this iconic and unique New England company. Grant Welker covered the Market Basket story from the start as a reporter for the Lowell Sun.

Friends of the Library Present: Renovate House Tour 2016. Sun., May 1, 1:00—5:00 pm. Tickets are \$25 per person available at the Library.

TAX AMNESTY PROGRAM

On April 1st, the Massachusetts Department of Revenue (DOR) began the 2016 Tax Amnesty Program that will last until May 31st. The opportunity to catch up on back taxes and **save on penalties is available to both individuals and businesses.** The goal of the tax amnesty program is to bring those taxpayers who have failed to file or have underreported their taxes into compliance.

- File delinquent returns or amend prior tax filings.
- Pay only the tax and interest you owe. Tax penalties and any interest due on those penalties will be waived.
- Benefit from a three-year limited look back period on unfiled returns.

A simple online amnesty return is available at mass.gov/TaxAmnesty. DOR will calculate the interest for each tax period and provide the total amnesty balance due. Filers will submit an electronic payment for the balance due with the amnesty return.

QUESTIONS/CONCERNS?

Council on Aging: Mon., May 2 & 9, 6:30—8:00 pm Pleasant Street Center

Board of Selectmen Office Hours: Tues., May 3, 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours: Friday, May 13 - 10:15 - 11:15

Senator Jason Lewis: Friday, May 20 - 2:30—3:30

Congressman Seth Moulton

17 Peabody Square

Peabody, MA 01960

Phone: (978) 531-1669

Fax: (978) 531-1996

NORMAL ROCKWELL MUSEUM



Join Elder/Human Services for a day trip to the Norman Rockwell Museum & Red Lion Inn.

Thursday, June 2
Depart Reading at 8:45 am
returning at 6:00 pm

Non-refundable \$87 per person includes museum, lunch at the Red Lion Inn (choice of hand carved native turkey or baked cod) and transportation.

Sign-up = contact Sharon Thomas at (781) 942-6796.

All welcomed, seats are going fast.
Please make checks payable to Royal Tours.

READING ROAD TRIPS

Through the generosity of the Reading Council on Aging, we are offering trips. Transportation is free! Lunch, and entertainment costs are the responsibility of the individual. Below is the schedule for April.

Seats are limited. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to **Reading** residents age 60+. A minimum of 5 persons is required for the trip. **Times are destination arrival times.**



Thursday, May 12, 11 – 2 pm. Sullivan's on Castle Island Now in their 65th year, the Sullivan family welcomes you! Rain date Tuesday, May 24.



READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Pleasantries
Reading Senior Newsletter

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.